

Statistics Report 01294, Yogurt, Greek, fruit, whole milk

Report Date: July 16, 2017 19:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	76.81	9	0.044	76.4	77.5	5.0	76.703	76.924	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	106	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	441	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein	g	7.33	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Total lipid (fat)	g	3.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Ash 1	g	0.56	9	0.021	0.43	0.63	6.0	0.506	0.611	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	12.29	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015

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Sugars, total	g	12.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Minerals													
Calcium, Ca	mg	100	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Iron, Fe	mg	0.00	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Magnesium, Mg 1	mg	10	9	0.085	9	10	6.0	9.738	10.152	1	Analytical or derived from analytical	--	06/2015
Phosphorus, P 1	mg	109	9	0.818	106	113	6.0	107.436	111.478	1	Analytical or derived from analytical	--	06/2015
Potassium, K	mg	113	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Sodium, Na	mg	37	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Zinc, Zn 1	mg	0.41	9	0.007	0.35	0.5	6.0	0.396	0.431	1	Analytical or derived from analytical	--	06/2015
Copper, Cu 1	mg	0.019	9	0.001	0.01	0.02	7.0	0.016	0.021	1	Analytical or derived from analytical	--	06/2015

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Manganese, Mn 1	mg	0.036	9	0.001	0.03	0.05	7.0	0.033	0.039	1	Analytical or derived from analytical	--	06/2015
Selenium, Se 1	µg	9.6	5	0.390	8.8	10.5	2.0	7.943	11.29	1	Analytical or derived from analytical	--	06/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Thiamin	mg	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	01077	06/2015
Riboflavin 1	mg	0.235	5	0.028	0.18	0.3	2.0	0.118	0.353	1	Analytical or derived from analytical	--	06/2015
Niacin 1	mg	0.205	5	0.003	0.18	0.21	1.0	0.172	0.237	1	Analytical or derived from analytical	--	06/2015
Pantothenic acid 1	mg	0.394	4	0.008	0.38	0.41	1.0	0.309	0.479	1	Analytical or derived from analytical	--	06/2015
Vitamin B-6 1	mg	0.049	5	0.001	0.05	0.05	3.0	0.047	0.052	1	Analytical or derived from analytical	--	06/2015
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	01077	06/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

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Choline, total	mg	14.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	06/2015
Vitamin B-12 1	µg	0.50	4	0.056	0.28	0.64	1.0	-0.173	1.169	1	Analytical or derived from analytical	--	06/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Vitamin A, RAE	µg	46	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	01077	06/2015
Carotene, beta 1	µg	7	2	--	5	8	--	--	--	1	Analytical or derived from analytical	--	06/2015
Carotene, alpha 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Cryptoxanthin, beta 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin A, IU	IU	162	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lycopene 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Lutein + zeaxanthin 1	µg	7	2	--	3	18	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	01077	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D2 (ergocalciferol) 1	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin D3 (cholecalciferol) 1	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin D 1	IU	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	06/2015
Lipids													
Fatty acids, total saturated	g	1.599	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0 1	g	0.060	2	--	0.04	0.07	--	--	--	1	Analytical or derived from analytical	--	06/2015
6:0 1	g	0.046	2	--	0.03	0.05	--	--	--	1	Analytical or derived from analytical	--	06/2015
8:0 1	g	0.031	2	--	0.02	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2015
10:0 1	g	0.084	2	--	0.06	0.09	--	--	--	1	Analytical or derived from analytical	--	06/2015
12:0 1	g	0.081	2	--	0.05	0.09	--	--	--	1	Analytical or derived from analytical	--	06/2015

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14:0 1	g	0.254	2	--	0.14	0.29	--	--	--	1	Analytical or derived from analytical	--	06/2015
15:0 1	g	0.027	2	--	0.02	0.03	--	--	--	1	Analytical or derived from analytical	--	06/2015
16:0 1	g	0.746	2	--	0.42	0.86	--	--	--	1	Analytical or derived from analytical	--	06/2015
17:0 1	g	0.017	2	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:0 1	g	0.250	2	--	0.15	0.28	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:0 1	g	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
24:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	1.265	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
14:1 1	g	0.025	2	--	0.01	0.03	--	--	--	1	Analytical or derived from analytical	--	06/2015

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15:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
16:1 undifferentiated 1	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
16:1 c 1	g	0.034	2	--	0.02	0.04	--	--	--	1	Analytical or derived from analytical	--	06/2015
16:1 t 1	g	0.008	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2015
17:1 1	g	0.005	2	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated 1	g	0.573	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:1 c 1	g	0.522	2	--	0.3	0.6	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:1 t 1	g	0.052	2	--	0.03	0.06	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:1 1	g	0.005	2	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:1 t 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
24:1 c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	0.219	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated 1	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:2 n-6 c,c 1	g	0.067	2	--	0.04	0.08	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:2 CLAs 1	g	0.011	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:2 t not further defined 1	g	0.014	2	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated 1	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
18:3 n-3 c,c,c (ALA) 1	g	0.011	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2015

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18:3 n-6 c,c,c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:3i 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
18:4 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:2 n-6 c,c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:3 undifferentiated 1	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
20:3 n-6 1	g	0.003	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:4 undifferentiated 1	g	0.004	2	--	0	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:4 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
22:5 n-3 (DPA) 1	g	0.002	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015

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22:6 n-3 (DHA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Fatty acids, total trans-monoenoic	g	0.059	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cholesterol	mg	10	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD